



JUNIOR GUARD

PARENT HANDBOOK



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SUN SPLASH

500 West Lake Kennedy Drive
Cape Coral, FL 33991



FOR MORE INFORMATION, CONTACT US AT (239) 574 - 0558

JUNIOR GUARD GENERAL INFORMATION

- Jr.Guard Camp Times: Monday - Friday 9:00 am - 5:00 pm
 - (Drop off: 8:45 am - 9:15 am, Pick up: 4:45 pm - 5:15 pm)
- Jr.Guard Camp Price: **\$350** per week per Jr.Guard
 - Valid season Passholders get **\$50** off
- Jr.Guard Camp Requirements:
 - Must be 10-14 years old
 - Must be able to pass swim assessment (swim 25 yards without stopping and tread water for 30 seconds with hands)
- Jr.Guard Minimums:
 - Each class must have a minimum of 10 participants preregistered or the camp will be canceled. Participants who are registered for a canceled class will be transferred to another camp date.
- Jr.Guard Camp Maximums:
 - Each class will have a maximum of 16 spots available
- Jr.Guard Camp Instructors: Each Jr.Guard instructor is required to have an active lifeguard and instructor certification to be able to teach the course. Each instructor must be at least 18 years of age and is hand-selected out of our elite lifeguard staff.

YOUR CAMPER NEEDS TO BRING:

- Sun Screen
- Sun Glasses
- Hat or Visor
- Pen or pencil for notes
- Notebook
- Set of dry clothes
- Dry towel
- One piece bathing suit
- Sneakers
- Sandals or Crocs

JUNIOR GUARD CHECK-IN:

- Junior Guards must be checked in by a parent or guardian listed on the guardian portion of the registration form
- Junior Guard check-in will begin at 8:45 am and will end at 9:15 am
- Junior guards and their parents can enter the park at the specified time above at the front gate
- All late junior guards will have to wait at customer service with their guardians until the program director is available to meet the junior guard for check in. Please note this may cause an extended wait time due to camp activities occurring simultaneously.

JUNIOR GUARD CHECK OUT:

- Check-out begins at front gate at 4:45 pm and will run until 5:15 pm
- Parent or Guardian IDs will be checked upon pick-up
- Only parents or guardians designated on the registration form will be allowed to check out any campers
- Junior Guard's parents or guardians who are not picked up by 5:15 pm will be subject to a \$100 hourly late fee starting at 5:16 pm

JUNIOR GUARD EARLY CHECK OUT:

Parents or guardians who would like to check their child out early may do so through the front gate. Please note this may cause an extended wait time due to camp activities occurring simultaneously and retrieving your child's belongings without preparation.

SAMPLE SCHEDULE

- Below is an example of what the schedule may look like for your campers week. Please note this schedule is not exact and may change due to weather or unexpected circumstances.
- Your Junior guard will take breaks and will be reminded to drink water and apply sunscreen
- The instructors have the delicate job of ensuring that all junior guards are safe throughout the week. Our goal is to balance the in water activities with dry ones to allow breaks for your child's skin and body to recover.
- The instructors will cover all daily topics and activities throughout the day. Although free time does occur during the day instructors will still be present along with all of our water safety staff to ensure the safety of camper.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45am-9:15am	Check- In, Meet your instructor, receive T shirt	Check In	Check In	Check in	Check in
9:15am-10:00am	Ground rules and policies/ Swim Test	Whistle School	Scavenger Hunt	Kick ball tournament	Volley Ball Tournament
10:00am-10:15am	Water break/ Sun Screen reapply	Water break/ Sun Screen	Water break/ Sun Screen	Water break/ Sun Screen	Water break/ Sun Screen
10:15am - 12:00pm	Scanning; Compact jump; distress/drowning	Active water rescues	Passive Spinal Rescues	Active spinal Rescues	Instructor led Free time
12:00pm - 12:45pm	Water break/ sunscreen reapply/ Lunch	Water break/ sunscreen reapply/ Lunch	Water break/ sunscreen reapply/ Lunch	Water break/ sunscreen reapply/ Lunch	Water break/ sunscreen reapply/ Lunch
12:45pm - 2:35pm	Personal Protective equipment Lecturette & Park Tour	CPR Lecturette	AED Lecturette	Obstructive airway mangament	First Aid Lecturette
2:35pm - 2:45pm	Water break/ Sun Screen reapply	Water break/ Sun Screen reapply	Water break/ Sun Screen reapply	Water break/ Sun Screen reapply	Water break/ Sun Screen reapply
2:45pm - 3:45pm	Instructor Led Free time	Instructor Led Free time	Instructor Led Free time	Instructor Led Free time	Instructor Led Free time
3:45pm - 4:10pm	Change to dry clothes/Water break/ Sun Screen	Change to dry clothes/Water break/ Sun Screen	Change to dry clothes/Water break/ Sun Screen	Change to dry clothes/Water break/ Sun Screen	Change to dry clothes/Water break/ Sun Screen
3:10pm - 3:20pm	Slushy Bar/Snack	Slushy Bar/Snack	Slushy Bar/Snack	Slushy Bar/Snack	Slushy Bar/Snack
3:20pm - 4:35pm	4 square tournament	Board Game mania	Rash Guard Tie die	Lip Sync Battle	Group Photo/Games
4:35pm - 4:45 pm	Clean up	Clean up	Clean up	Clean up	Clean up
4:45pm - 5:15 pm	Parent Pick Up	Parent Pick Up	Parent Pick Up	Parent Pick Up	Parent Pick Up

JUNIOR GUARD POLICIES

The Junior. Guards' safety is our number one priority. The class is structured to be fun and safe. The instructors will supervise the Junior Guards, and our outstanding lifeguard staff will be throughout the park at designated locations. Games and activities will be intermixed to keep the days interesting and fun.

MEAL OPTIONS & FOOD:

Campers are welcome to bring any of their food from home. Please note: Campers will not have access to a microwave or a refrigerator during the day. We ask that all of our campers respect common food allergies such as peanuts, tree nuts, and seafood. Discounts and refunds will not be given to campers who do not decide to participate in the food offered by the camp. If your camper has special dietary needs, please list them on their registration form. Jr. Guards are allowed to bring in any food that meets their needs. We would be happy to review our nutritional information from our concession stand if you would like to know the ingredients or any specifics of the food we serve.

LUNCH OPTIONS:

All campers will be permitted to have one of the combo meals listed below during the designated lunchtime:

Chicken Dipper Combo: Six nuggets will be served with a side of fries and a fountain beverage

Hot Dog Combo: A hot dog with a side of fries will be served with a fountain beverage

Cheese/Hamburger Combo: A single patty cheese or hamburger will be served with a side of fries and a fountain beverage

Pizza Combo: Two slices of Cheese or Pepperoni Pizza will be served with two breadsticks and a fountain beverage

SNACK OPTIONS

All campers will be permitted to have one of the following snack options during the designated snack time:

Snack Size Soft pretzel

Snack-size Nachos

Snack-size of fries

Bag of chips

CONTACTING YOUR JUNIOR GUARD:

If you need to relay a message to your child during Junior Guards you may do so by calling The Sun Splash Family Waterpark Administrative office at (239) 574-0558. The office staff will relay the message to the program director.

ILLNESS OR INJURY DURING JUNIOR GUARDS

Children are often susceptible to the common cold and other flu-like symptoms that may be going around. If a child becomes ill while attending Junior Guards, they will be sent home if they exhibit the following symptoms:

- Temperature of 100° or more
- Regular coughing
- Continuously runny nose
- Diarrhea
- Vomiting

If an injury occurs our highly trained lifeguard staff and on-site Emergency Medical Technician will treat your child immediately. If it is a non-emergency situation parents or guardians will be contacted from the information listed on the registration form. If necessary, we will ensure that any higher medical attention needed is called immediately.

MEDICATION

Instructors or Emergency Medical Technicians may assist in administering medication to Junior Guards if a licensed physician prescribes the medication. Please accompany medication with written instructions and a parent or guardian signature. Children may only medicate themselves in the presence of an instructor or Emergency Medical Technicians. Medication must be in a prescription bottle with the prescribing physician's name and phone number. Medication will not be accepted in any other container. We will do our best to reasonably accommodate all needs. Please make sure our instructors are aware of all pertinent allergies, medications, and medical history information by indicating information on your registration form. The Junior Guard instructors are all licensed lifeguards, certified in CPR, first aid, oxygen use, and AED.

BEHAVIORAL PROBLEMS

During typical situations, the Junior Guards will be given a verbal warning to clarify expectations from the instructors. Additional concerns may result in a time-out or discussion with the program director or waterpark manager. The next level will result in a call to the parent or guardian, and any additional problems may result in the Junior Guard being removed from class without a refund. Junior Guards are warned about appropriate behavior and expectations on the first day of class. Certain types of serious infractions may result in a parent or guardian phone call for the first infraction. Our goal is to create a positive and fun environment for all campers.

CONCERNS REGARDING OTHER JUNIOR GUARDS

We are always here to help and want to make sure that class is an enjoyable experience for all students. If there is ever a concern between Junior Guards please bring it to our attention and we will be happy to address it immediately. Junior Guard parents may be contacted if appropriate, and we may be able to change groups or take other corrective measures to ensure the situation is handled for everyone involved.

JUNIOR GUARD CAMP CONCERNS

We are here to make the Junior Guard camp experience the most enjoyable adventure it can be. Please address any concerns you have with the camp directors at check-in or check-out. You may also speak to a camp director by calling the office at (239) 574-0558

INCLEMENT WEATHER

Most often, Junior Guard camp will continue during inclement weather in a safe and dry location. Instructors will modify activities and locations to accommodate the Jr. Guards. If a day is canceled, parents and guardians will be contacted by the information listed on the emergency contact portion of the program registration form.

WAIT LIST

When a class is full, a waitlist will be generated. If a spot becomes available, we will make calls beginning at the top of the waitlist to fill the spot. The first person we can reach will be able to sign up for the class. Payment must be made at that time to reserve the spot, or we will continue down the waitlist.

JUNIOR GUARD CAMP REFUND POLICY

Refunds will be eligible for any participant before check in of the second day of class. No refunds will be available after the start of the second day of class. Refunds will be processed directly to the card paid upon registration. We do not offer cash refunds. If a camper fails to attend class after it begins they are not entitled to a refund or transfer. Refund requests must be made by emailing info@sunslashwaterpark.com with the child's name, camp date, and confirmation number provided at registration. Refunds can take up to 14 business days depending on payment type.